

Taken from Real PE- The highlighted physical skills link to the difficulty of the skill (see FUNS card folder and CD)

PE Long Term Grid Year 5&6		
Autumn Term	Spring Term	Summer Term
WEEKS 1-6		
<p>Physical- FUNS 9</p> <p>I can take the ball around 1 leg x 16 (standing with legs apart).</p> <p>Figure of 8 x 12</p> <p>Physical- FUNS 12</p> <p>As Green but catch and balance on one leg.</p> <p>As green with step across and contra lateral catch- see folder for pictures</p> <p>Games skills</p> <p>I can catch across the body with one leg balance</p> <p>I can throw and catch with both hands</p> <p>Cognitive</p> <p>Other ability focus and Learning Journeys</p> <ul style="list-style-type: none"> ● I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop (Level 6) ● I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents (Level 5) ● I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions (Level 4) 	<p>Physical- FUNS 5</p> <p>I can perform the above challenges with arms going 'hips to lips'</p> <p>I can walk fluidly forwards and backward lifting my heels to my bottom with heel to toe landing</p> <p>Physical- FUNS 7</p> <p>I can stand with a long base and lean back while holding both hands then just 1.</p> <p>I can stand with a short base (toes touching), lean back while holding with both hands, hold the balance and then move back together.</p> <p>I can do all of the above with my eyes closed.</p> <p>1 hand and 1 leg- see folder for images</p> <p>Games Skills</p> <p>I can play the game with eye shades</p> <p>I can play using an uneven surface or stepping stones.</p> <p>Social</p> <ul style="list-style-type: none"> ● I can involve others and motivate those around me to perform better (Level 6) ● I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately (Level 5) ● I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task (Level 4) 	<p>Physical- FUNS 4</p> <p>I can stand on a low beam with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force.</p> <p>I can stand on a line with both feet facing forwards and, lift my heels and hold for 10 seconds while receiving a force</p> <p>Alternate opposite elbow to knee x 5</p> <p>Physical- FUNS 10</p> <p>I can hop scotch alternate feet forwards and backwards</p> <p>3 step zig zag pattern forwards and backwards.</p> <p>The above with increased speed</p> <p>Move to blue challenges if ready</p> <p>Games Skills</p> <p>I can pick up with either hand and place or throw into a hoop.</p> <p>I can throw and catch with either hand, playing with a small ball.</p> <p>Health and Fitness</p> <ul style="list-style-type: none"> ● I can explain how individuals need different types and levels of fitness to be more effective in their activity/ role/event. I can plan and follow my own basic fitness programme (Level 6) ● I can self select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5) ● I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working (Level 4)
WEEKS 7-12		
Physical- FUNS 2	Physical- FUNS 6	

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I can pick up a beanbag on one side, and place on the other side using the same hand

I can do the above with my eyes closed.

Dish shape for 5 seconds

I can reach for a cone arms distance away, pass over and swap hands- see folder for images.

Physical- FUNS 3

As above with full front support

Front support transfer tennis balls on and off the back.

Games Skills

I can send a ball different ways with disguise

I can play the game in front support and back support.

Creative

- I can effectively disguise what I am about to do next.
I can use variety and creativity to engage an audience (Level 6)
- I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others (Level 5)
- I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging (Level 4)

I can jump 2 to 2 feet with a 180 degree turn in one direction.

2-2 feet in both directions

I can do a tucked jump and land in balance

I can do a tuck and half turn in both directions.

I can jump from 2 to 2 feet on a line

FUNS 1

I can balance for 30 seconds on either leg with eyes closed.

Personal

I can do 5 90 degree squats on either leg.

I can do x 5 ankle extensions

Move to blue challenges if ready

Games Skills

I can combine a range of jumps at speed with controlled landing

I can perform jump, roll, balance sequences with additional movements, equipment or expression.

Physical

- I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations (Level 6)
- I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations (Level 5)
- I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities (Level 4)

Physical- FUNS 8

As above with alternate hand strike 5 times in a rally.

I can kick a ball with the same foot (L&R)

I can alternately roll two balls.

Two tennis ball catch

Physical- FUNS 11

Roll then bobble feed

All the above with a tennis ball

Stop as size 4 or 5 ball with knee and turn to the side.

Then with a tennis ball.

Games Skills

I can play some shots with my weaker hand or foot deliberately choosing challenging equipment for each shot.

Personal

- I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6)
- I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets (Level 5)
- I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice (Level 4)